

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

Please cancel claim 1, without prejudice.

Please add new claims 58-77.

58. (new) A method for supplementing the diet of an athlete, comprising administering as part of the diet an effective amount of a supplement comprising a source of amino acids and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan and folic acid, wherein the source of amino acids is a protein and the composition further comprises a carbohydrate, wherein the weight ratio of protein to carbohydrate is about 7 to 1.

59. (new) The method of claim 58, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

60. (new) The method of claim 58, wherein one serving of the supplement further provides about 1.5 grams of fat.

61. (new) The method of claim 58, wherein said protein comprises whey protein.

62. (new) The method of claim 58, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

63. (new) The method of claim 62, wherein one serving of the supplement is administered immediately following an exercise period.

64. (new) The method of claim 58, wherein the supplement is a powder.

65. (new) The method of claim 64, wherein the powder is mixed with water for administration as a liquid.

66. (new) The method of claim 58, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

67. (new) The method of claim 58, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

68. (new) The method of claim 67, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

69. (new) A method for supplementing the diet of a human comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising about 20 grams of protein, about 3 grams of carbohydrate and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan, and folic acid.

70. (new) The method of claim 69, wherein said protein comprises whey protein.

71. (new) The method of claim 69, the supplement is administered more than once daily.

72. (new) The method of claim 71, wherein one serving of the supplement is administered immediately following an exercise period.

73. (new) The method of claim 69, wherein the supplement is a powder.

74. (new) The method of claim 73, wherein the powder is mixed with water for administration as a liquid.

75. (new) The method of claim 69, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

76. (new) The method of claim 69, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

77. (new) The method of claim 76, wherein the compound is selected from the group consisting of N-acetyl cysteine, myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.